

the SIGHT CENTER

A Service of the Toledo Society for the Blind
1819 Canton Avenue
Toledo, Ohio 43624
419/241-1183

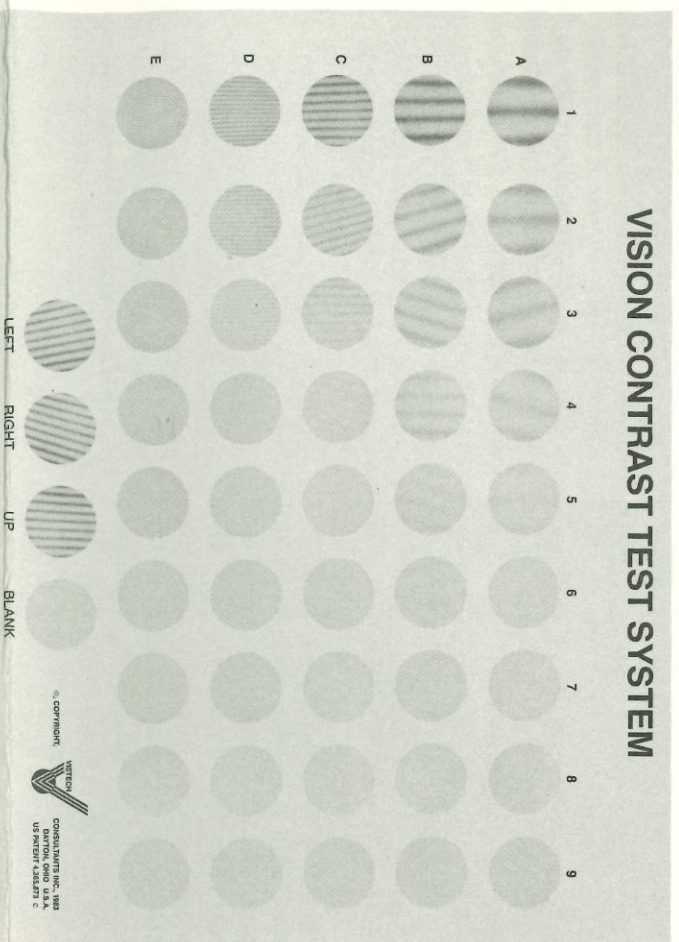


Shaded area indicates membership in United Way

Volume 24, No. 3

December, 1987

VISION CONTRAST TEST SYSTEM



The chart's markings grow narrower from top to bottom and more faint from left to right until they disappear altogether. Each circle bears a number; the last one the viewer can see is plotted on a graph (below).

Special Allocation to Shorten Children's O&M Waiting List

A special allocation of \$10,200 from the United Way of Greater Toledo is expected to shorten the list of children awaiting orientation and mobility instruction through the Sight Center.

The allocation, while short of the \$19,000 requested, will allow employment of a full-time children's orientation and mobility teacher here some time after Jan. 1.

The cash difference will have to be made up from another source—a problem in itself, said Paul Noel, controller, since the Center almost certainly faces an operating deficit in 1988.

But the immediate problem is the nation-wide shortage of mobility instructors. Salaries in that highly-specialized field average more in many areas than what has been budgeted here, which compounds the recruiting problem.

Children's mobility has been taught in Lucas County on a part-time basis since last year by Daniel Zink, who currently has three students.

Lenawee County, Michigan, is the

only other area where blind children now receive such instruction through the Sight Center. Five children there take one day of instruction per week from Mary Reiff, the Center's full-time mobility instructor, under terms of a contract signed in 1986 between the Center and Lenawee County Public Schools.

The number of children awaiting mobility training is not known, Ms. Reiff said, but some have been on "hold" for more than two years due to lack of teaching staff.

The special funding comes from a bequest by the late Blanche Hazelton, a Toledo-area woman who took lifelong interest in helping children.

Agency Business Office Open Dec. 31

The Sight Center will be closed for Christmas holidays from Dec. 23 through Jan. 3, except for the business office, which will be open from 8:30 a.m. to 2:30 p.m. Dec. 31 for the convenience of donors who wish to make year-end contributions.

Contrast Sensitivity Chart Rated Superior Eye Exam Tool

Research measuring the relative value of a new eye examination procedure among children—contrast sensitivity testing (CST)—began here in April.

Preliminary data indicate strongly that CST is superior as a diagnostic tool than the familiar "E" chart, or Snellen test.

The Snellen test, with its high-contrast, black-on-white characters, only measures visual acuity, or optical blur, Patricia Bennett, coordinator of the Sight Center's prevention of blindness programs, explained.

The CST chart employs several rows of numbered circles containing either vertical or tilted bars, some shown more prominently than others. Responses of the person tested are plotted on a curve.

Numerical deviations from the "normal" curve can indicate the severity of vision loss from many kinds of eye pathologies, including cataracts, glaucoma, and amblyopia, according to its inventor, Maj. Arthur Ginsburg, director of the Aviation Vision Laboratory at Wright-Patterson Air Force Base, Dayton, OH.

Dr. Ginsburg devised the test after noting that U.S. Air Force pilots who had 20/20 vision (normal) were not necessarily seeing the same thing. Because CST measures both optical blur and retinal sensitivity, it can also accurately quantify visual losses from multiple sclerosis, optic neuritis, optic

atrophy, refractive errors, astigmatism, macular degeneration, contact lens problems, problems in the brain's cortex, tumors and other disorders, according to Dr. Ginsburg.

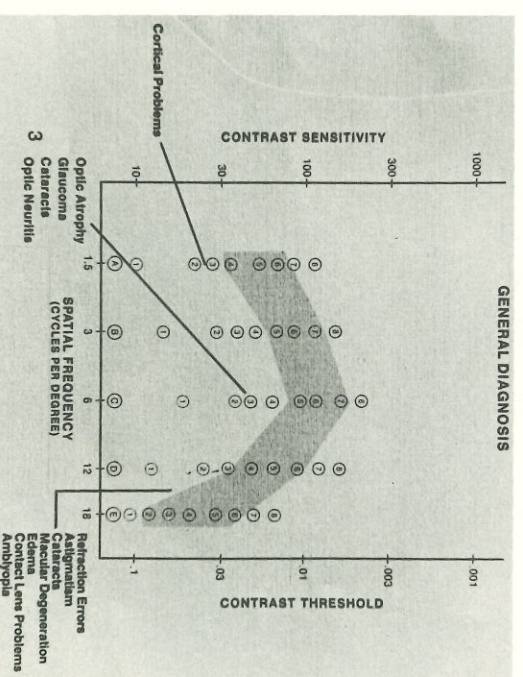
The 511 children tested—239 girls and 272 boys—were chosen randomly from grades one, three and five at Toledo's Larchmont and Whittier Elementary Schools.

Approximately half were tested on the CST chart, while a control group's sight was tested on an Insta-Line, a portable, self-illuminated box that utilizes different figures and shapes. Referrals for follow-up care totalled 43 among the 256 children who took the Insta-Line test, Ms. Bennett said. But 98 children with suspected eye problems were found among the 254 given the contrast sensitivity test.

Even more meaningful were the kinds of eye problems or conditions the CST indicated, she said. They included:

- Hyperopia—far-sightedness.
- Suppression—a condition in which visual sensations are involuntarily "ignored or suppressed" by the brain.
- Astigmatism—distorted vision, often from irregularly-shaped corneas.
- Myopia—near-sightedness.
- Subnormal accommodation— inability of the eye to focus for seeing

See *Contrast*, P. 4



The darker area represents the range in which people with normal sight can see lines on the circles (above). Those who can only see numbers below the gray area may have one or more of the sight problems listed. (Photos courtesy of Vistech Consultants, Inc.)

Do's, Don't's

Self-Care Stressed at Diabetes Seminar



Twenty-nine sight-impaired diabetics gathered here November 18 for a seminar designed to teach methods for reducing physical damage from the disease.

The program opened with a diabetic luncheon, followed by classes in foot care, monitoring blood sugar at home, modern devices for measuring and injecting insulin, and a glaucoma screening.

Professionals who donated their services to the seminar included Sanford Merkin, D.P.M., Marty Davis, a registered pharmacist with Pharmacy Counter, Toledo; Karen Finch, diabetic educator for the same firm; and Deborah Chandler, representing the drug firm of Squibb-Novo, Inc., which underwrote the luncheon cost.

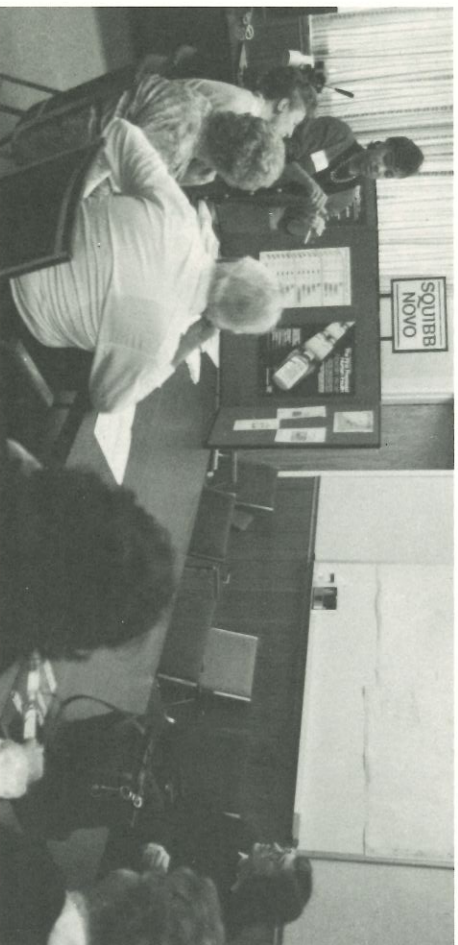
The seminar was pronounced a success by rehabilitation teacher Helen Boduch, who designed it and served as moderator.

"The participants went home armed with information that is sure to improve their control of diabetes if they will use it," she said.

Similar seminars are planned for 1988, she added.



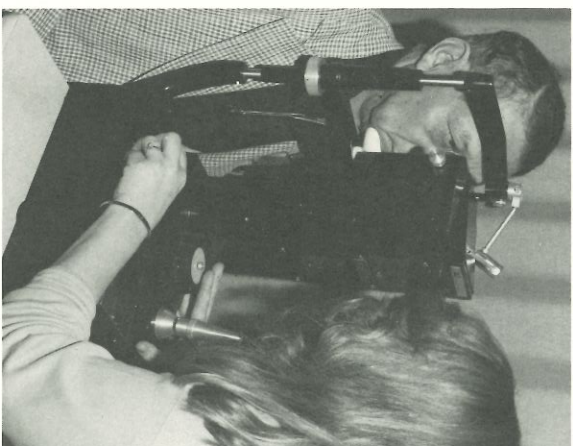
Administrative secretary Arline Duszynski lent a hand to Helen Hughes, center, and Matilda DeGroff, left, at the luncheon table. Seminar participants had their choice of turkey, beef or ham sandwiches, a tossed salad with low-calorie or regular dressing, fresh fruit cup, several diet-type soft drinks, and tea or coffee.



Rita Henes, whose blindness from diabetic retinopathy is total, practiced drawing blood samples from her finger to measure sugar content electronically. Use of the device was demonstrated by Marty Davis, R.Ph., of Pharmacy Counter, Toledo.

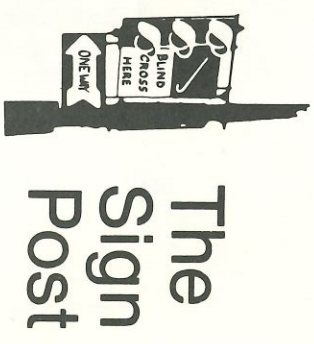


The hammer toe between Dr. Merkin's left thumb and forefinger was only one of a variety of foot problems his examinations revealed. He also found broken toe-nails, ulcers, corns, bunions, callouses, cracked skin, swollen feet, and infections. Diabetics, he warned, should not walk about barefoot, lest they step on needles or tacks without knowing it. He also cautioned them against clipping and trimming their own nails. And poor-fitting shoes, or shoes that have small foreign objects in them, can cause problems that sometimes require amputation of the foot or leg, he emphasized.



Being checked for possible glaucoma on an air-puff tonometer was nothing new for Jose Suarez, above. Mr. Suarez told staff member Cathy Grabowski, operating the controls, that he undergoes the procedure regularly.

Use of the Novo Pen for drawing and injecting one's own insulin at left, was demonstrated by Deborah Chandler, standing, representing Novo-Squibb, Inc.



Three new members were appointed to the Sight Center's board of trustees at its Nov. 19 meeting. They are:

John R. Vaughn, vice president/corporate investments, Toledo Trust-corp., Inc.; **Shirley Ellis**, director of personnel, Riverside Hospital, Toledo; and **Merl Thomas**, systems and program manager, The Andersons, Maumee, OH.

The board accepted the resignation of **Kathryn Franklin**, who had served since November, 1984.

Nancy Brock, Sight Center client advocate, and **Madge Levinson**, coordinator of volunteer services, have been appointed to the Toledo Symphony Orchestra's advisory board.

Sylvia Brown joined the Sight Center Nov. 2 as receptionist, replacing **Jackie Geer**, who had served in that capacity since November, 1985.

Ms. Geer was appointed development coordinator following the resignation of in October of **Evelyn Berres**, who had held that position since its creation in April, 1980.

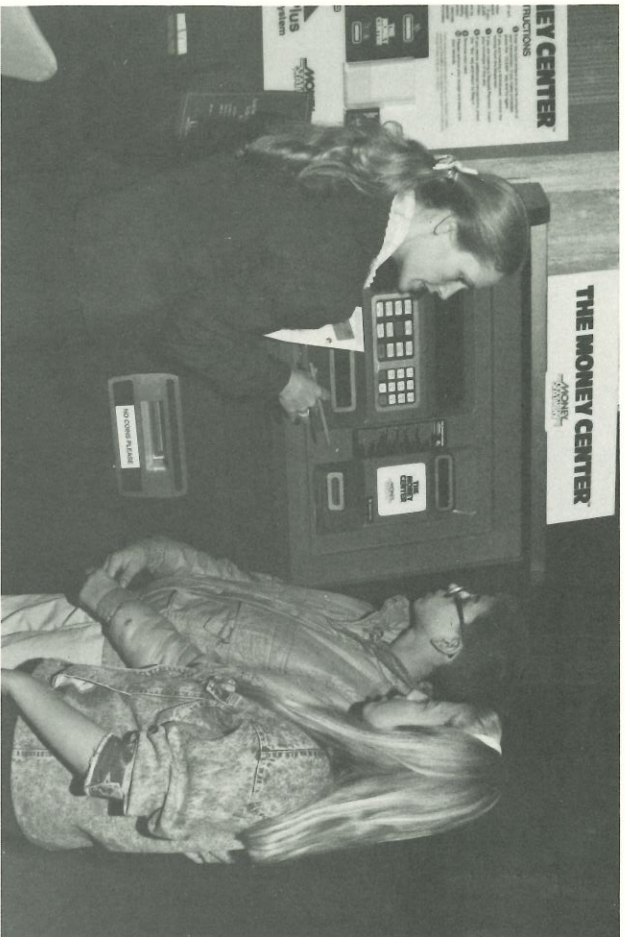
Ms. Brown, a native of Rochester, N.Y., was formerly employed in the regional office of the Labor Education and Research Service at Ohio State University, Columbus.

A bike tour of Holland for visually impaired and sighted people is scheduled for next May 14-22, according to Sandusky resident **Jody Myers**, a former Sight Center client who took a similar tour in 1986. Land cost of the tour is \$900, she said. For more information and reservations, call or write her at (419) 625-3758, 637 Cedar Point Rd., Sandusky, OH 44870.

Dr. Robert Huss, a Toledo ophthalmologist, was honored recently by the Ohio Association of County Boards of Mental Retardation and Developmental Disabilities for outstanding contributions while a member of the Lucas County Board of Mental Retardation and Developmental Disabilities. Dr. Huss served on the Lucas County board from 1975 to 1983, including four years as chairman.

If you are receiving more than one copy of this Newsletter, or if you would like to be added to our mailing list, please contact the Sight Center so that duplications may be deleted and names of new readers added.

Everyday Living Skills Program Moves into the Workaday World



Every step of the procedure must be followed exactly if the customer expects the automatic teller to produce the desired result, Kim Larberg, branch service representative for Ohio Citizens Bank, explained to Ken Donbrosky, 13, and Colleen Gallagher, 12. Both attend Elmhurst School.



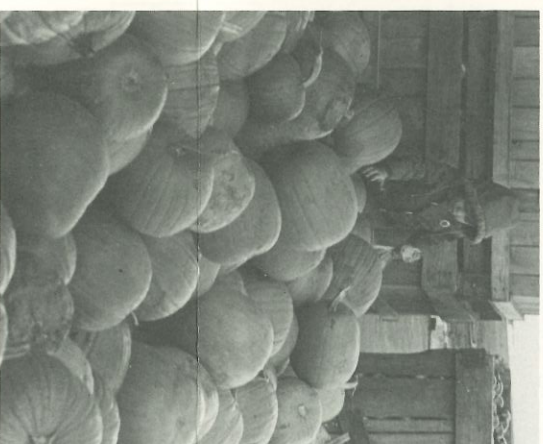
It was a friendly meeting between six-year-old Michael Monica and the livestock on the Billau farm. The cattle took up their position on one side of the fence, and Michael, with a boost from Sight Center volunteer Joanne Bennett, moved up close to feed them some hay. The youngsters also hiked through the fields, picked a few vegetables, checked out a barn-full of newly-harvested potatoes, and got acquainted with other farm animals.



The brown slush—ground-up whole apples—pouring from the pipe held by the workman at MacQueen Orchards was turned into fresh cider shortly after this picture was taken. Layer after layer was spread on burlap blankets atop a frame, then subjected to 30 tons of pressure to squeeze the juice out. Apple peelings, seeds and stems remain trapped in the burlap. From bottom left are Tiffany Yeo, Ebony Carey, Mrs. Limmer, and Cynthia Shunk. At rear are volunteer Joanne Bennett and Sight Center driver Clarence Dunlap. The woman and child at right rear were not part of the Sight Center group.



Six-year old Cynthia Shunk soon got the hang of apple-picking with a bit of coaching from Mrs. Darlene Limmer, her first-grade teacher at Toledo's Elmhurst School.



Some of the pumpkins six-year-old Keith Hintz, Jr., found at MacQueen Orchards were bigger than he is. But the pumpkins are finished growing, and Keith, a first-grade pupil at Elmhurst School, isn't.



When the tour of MacQueen Orchards ended, everyone took time out for refreshments: fresh cider and freshly-baked doughnuts, courtesy of the management. Each youngster also took home a bag of fresh apples. Clockwise, from left: Tim Robbins, Ebony Carey, Keith Hintz, Jr., Tiffany Yeo, Cynthia Shunk, Mrs. Limmer, and Mary Scheuer.

It's a good thing that not all everyday living skills have to be learned in a classroom.

Remodeling of the Sight Center, which has been going on since August, forced the everyday living program out of the basement training apartment and into the workaday world when school began in September.

For the 22 sight-impaired students from the Toledo School System currently taking part in those classes, their field trips exposed them to what were, for most of them, new experiences.

They visited the MacQueen Orchards, Garden Road near Holland, OH, where they picked apples and learned how cider is made; the Lucas County Board of Elections, for an introduction to the electoral process; Toledo Museum of Art; Rosie's Family Restaurant, Secor Road, Toledo, where they took a fling at baking pizzas; the downtown offices of Ohio Citizens Bank, where they investigated the mysteries of the safe-deposit vault, and learned how an automatic teller functions; the Toledo Humane Society's animal shelter; University Lanes, where they tried their bowling skills; the Billau farm on Section Road near Ottawa Lake, MI, to get acquainted with the sounds, smells, feel and, for those with some vision, the sights of farm life; a West Toledo Sunoco station where they practiced pumping gasoline; and the Tam O'Shanter Ice Skating Rink in Sylvania to practice skating skills.

By November's end, remodeling had proceeded far enough for classes to resume in the training apartment.

The field trips turned out so well that they may become a regular part of the everyday living program, said children's specialist Mary Scheuer.

Memorial Contributions

A permanent record is made of memorial contributions and other gifts to the Sight Center. Memorials are promptly acknowledged in accordance with the wishes of the donor. The following is a list of all memorials, gifts in honor of others, and bequests received by the Sight Center from July 1 through October 31, 1987.

Elmer Barth, by Janet B. Smith.
Thomas Beamon, by Mr. and Mrs. John Arvidson, Jr.
Carl Berndt, by Dorothy C. Berndt.
Genevieve Christ, by Joyce DiRienzo Abernathy and Family.
Don Craine, by Al and Wanda McEwen.
Marguerite M. DeMars, by Mr. and Mrs. Donald L. Schroeder.
Dr. Dorothy Rose Dishey, by Mary L. Koenigseker.
Mason Dupuis, by Algie L. Young.
Anna Durdal, by Loreta E. Hoedt.
Dale Fleming, by Mr. and Mrs. Robert Aspacher.
Herman Fromme, by Barry A. and Cathy S. McEwen.
Betts Grodi, by Rosetta Novak.
Irene Gutridge, by Minnie E. Heyn.
Herbert Hall, by Virginia M. Lederman.
Myrna Hauman, by Mr. and Mrs. Leonard Dziabos; Doug and Vicki Obe.
George L. Hauter, by Willie and Julie Moritz.
Joseph C. Kabat, by Margaret E. Carey, Mr. and Mrs. Ray R. Washing.
Leonard Kelzer, by Gail and Martin Klimko.
Jean Kenel, by Mr. and Mrs. Martin Jacob.
Mary A. Long.
Fred Kingsley, by Bessie Kingsley.
Kenneth H. Kritz, Sr., by Mr. and Mrs. Frank Siska.
James LaDuc, by Mary Liningner.
Anna Langenderfer, by Mrs. William C. Galvin and Family, Mr. and Mrs. James Rice.
Francis J. Liningner, by Mary M. Liningner.
Mrs. Vonda Long, by Inez Smith and Shirley Rotterdam.
Roma Lufkin, by Mrs. Walter W. Lathrop.
Raymond F. Lusk, by Barry A. and Cathy S.

THE TOLEDO SOCIETY FOR THE BLIND

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Margaret Wensel, by Bessie Duquette.
Thelma Yager, by Al and Wanda McEwen.
Lillian Young, by Algie L. Young.

Gifts In Honor of

Golden wedding anniversary of Mr. and Mrs. Wells Boutell, by Chet and Lillie Rathbun; Mr. and Mrs. Kenneth W. Rychener.
Speedy recovery of Edmund J. Brezinski, by Don and Alice Schroeder.

Anniversary of Dr. and Mrs. Mervin Green, by Mr. and Mrs. Lewis Basch.
Birthday of Maury Kaplin, by Mr. and Mrs. Lewis Basch.
Mrs. Alice Levey, by Temple Shomer Emunim Sisterhood.
Madge Levinson, by Rosanne Deutsch.
Birthday of Mrs. Milford Meyers, by Mr. and Mrs. Lewis Basch.
Birthday of Mrs. Ferdinand Roth, by Mr. and Mrs. Lewis R. Basch.

Bequests

Hazel Ansell Estate
Clarence and Daisy Hickok Estate

I would like to join others in supporting the Sight Center. Enclosed is my tax-deductible gift of \$ _____.

Contributor _____

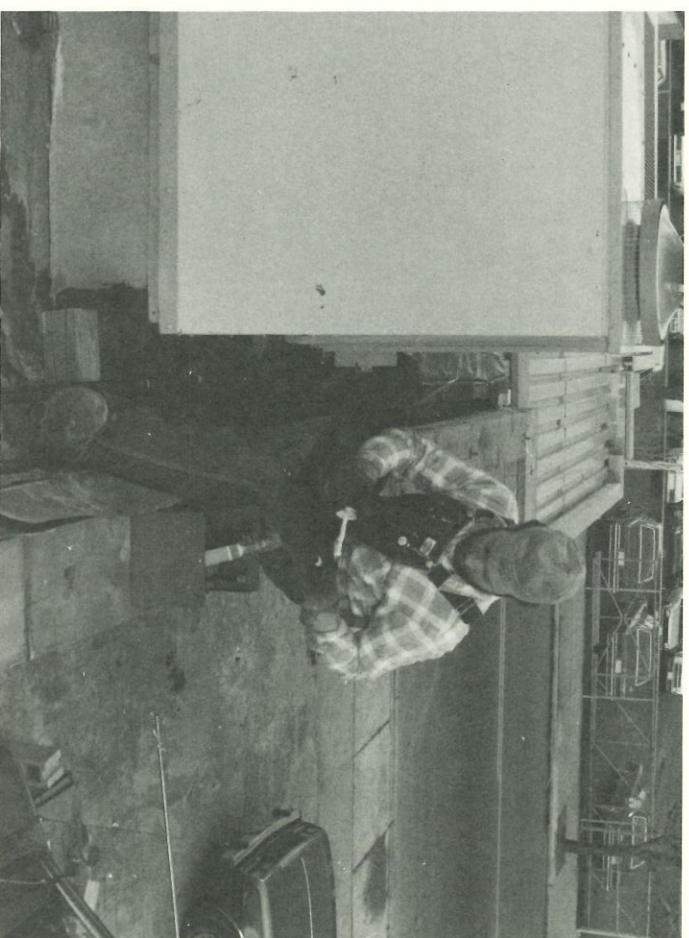
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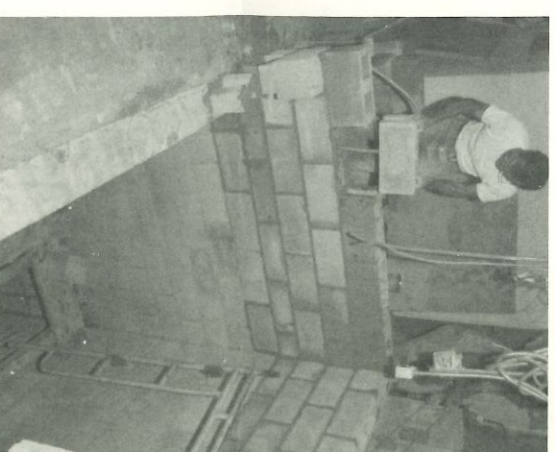
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For information on bequests to the Center, check here _____.



Interior and exterior improvements to the Center have been under way since August. This workman found a handy, but narrow, perch to work from as he installed an auxiliary heater and air-conditioning unit above the expanded reception area.



An elevator shaft now occupies the main floor space that formerly served as the reception area.

Lesser problems were the longer time the CST procedure takes—about two-and-one half times more than the Insta-Line test—and glare on the CST chart that interfered with the child's reading.
The project was funded with a \$2,500 grant from the Ohio Department of Health as part of its Communicative and Sensory Disorders Unit's Outreach Program aimed at identifying young children with hearing, vision and/or speech/language disorders.

Another \$2,500 grant has been requested to continue the testing on 300 Toledo school children, including repeat testing of 100, in 1988.



Painters applied a coat of light blue to the main hall in November. Matching carpeting was installed shortly afterward.

Reading Problems

Nearly 12.8 million Americans have difficulty reading ordinary newspaper even when fitted with eyeglasses or contact lenses, according to the United States Census Bureau.